

Trail das Vinhas

6 de setembro 2015

Classificação Geral - Trail Curto - 15km

Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	145	AMORIM, JOSÉ	Individual	V40M15	1	1:20:21.47	05:21	
2	204	GONÇALVES, FERNANDO	Fafe Runners	V50M15	1	1:20:32.53	05:22	0:00:12
3	275	FREITAS, ASDRUBAL	Centro Ciclista de Gondomar	V40M15	2	1:20:47.44	05:23	0:00:26
4	326	MAGALHÃES, PEDRO	Individual	SenM15	1	1:21:23.32	05:26	0:01:02
5	243	MAGALHÃES, LUÍS	Clube Náutico de Ponte de Lima	V40M15	3	1:21:23.90	05:26	0:01:03
6	217	CARDOSO, NUNO	Individual	SenM15	2	1:24:57.00	05:40	0:04:36
7	307	VIEIRA, MODESTO	Casa do Povo Soalhães	V50M15	2	1:28:11.23	05:53	0:07:50
8	203	SECA, ALBANO	Fafe Runners	V40M15	4	1:29:30.76	05:58	0:09:10
9	1403	PEIXOTO, HELDER	Individual	SenM15	3	1:30:21.93	06:01	0:10:01
10	343	ARAÚJO, RUI	Individual	SenM15	4	1:30:57.93	06:04	0:10:37
11	142	REGADAS, ADAO	foge fuge bandido	V50M15	3	1:31:58.54	06:08	0:11:38
12	308	VIEIRA, AURÉLIO	Casa do Povo Soalhães	V40M15	5	1:32:09.67	06:09	0:11:49
13	240	CARNEIRO, VITOR	Individual	SenM15	5	1:32:19.41	06:09	0:11:58
14	215	ROCHA, CARLOS	Individual	SenM15	6	1:32:43.53	06:11	0:12:23
15	154	Roque, José		V40M15	6	1:32:43.56	06:11	0:12:23
16	361	BARBOSA, DUARTE	Individual	V40M15	7	1:33:12.17	06:13	0:12:51
17	1422	OLIVEIRA, FERNANDO	ARRASTA O PE	V60M15	1	1:33:15.40	06:13	0:12:54
18	1408	VILELA, LUIS	Fafe Runners	V50M15	4	1:33:44.79	06:15	0:13:24
19	331	NUNES, RICARDO	Casa Povo Soalhães	SenM15	7	1:34:07.64	06:17	0:13:47
20	334	SOUSA, PAULO	Casa Povo Soalhães	V40M15	8	1:35:19.12	06:21	0:14:58
21	111	MARTINS, PAULO	Individual	V40M15	9	1:35:45.18	06:23	0:15:24
22	245	TEIXEIRA, RUI	Individual	V40M15	10	1:35:47.97	06:23	0:15:27
23	228	CUNHA, VITOR	Individual	SenM15	8	1:36:16.01	06:25	0:15:55
24	1424	AZEVEDO, ANTONIO	Individual	V50M15	5	1:36:24.15	06:26	0:16:03
25	1435	MARQUES, ABILIO	Individual	V50M15	6	1:36:54.07	06:28	0:16:33
26	393	COSTA, RICARDO	Unidade Especial de Corrida	SenM15	9	1:36:54.49	06:28	0:16:33
27	324	MELO, INUO	Run 4 All	SenM15	10	1:40:09.85	06:41	0:19:49
28	227	MARTINS, MANUEL	Individual	SenM15	11	1:40:10.55	06:41	0:19:50
29	172	PATRICIO, FERNANDO	MULTIPOWER / GAIA TRAIL	SenM15	12	1:40:10.85	06:41	0:19:50
30	1449	SÁ, JOÃO		SenM15	13	1:40:22.00	06:41	0:20:01
31	320	MADUREIRA, JOSÉ	AMIGO	SenM15	14	1:40:23.31	06:42	0:20:02
32	125	MARTINS, JOAO	Individual	SenM15	15	1:40:34.18	06:42	0:20:13
33	146	BRANDAO, PAULO	Individual	SenM15	16	1:40:40.79	06:43	0:20:20
34	260	ANGELO, MIGUEL	Individual	SenM15	17	1:41:12.52	06:45	0:20:52
35	209	DEVEZA, HÉLDER	Individual	V40M15	11	1:41:47.02	06:47	0:21:26
36	318	VIEIRA, FERNANDO	AMIGO	SenM15	18	1:42:13.54	06:49	0:21:53
37	1421	CUNHA, EUGENIO	ARRASTA O PE	V40M15	12	1:42:25.20	06:50	0:22:04
38	137	SANTOS, RAFAEL	Individual	SenM15	19	1:43:47.36	06:55	0:23:26
39	306	QUEIROS, LEANDRO	Casa do Povo Soalhães	SenM15	20	1:43:50.54	06:55	0:23:30
40	1409	COSTA, JOSE	Individual	SenM15	21	1:44:03.73	06:56	0:23:43
41	340	CARDOSO, TELMO	Individual	V40M15	13	1:44:07.82	06:57	0:23:47
42	358	SILVA, PAULO	Individual	V40M15	14	1:44:55.95	07:00	0:24:35
43	191	ROCHA, CARLOS	Individual	SenM15	22	1:44:59.96	07:00	0:24:39
44	305	RIBEIRO, PEDRO	Casa do Povo Soalhães	SenM15	23	1:45:32.09	07:02	0:25:11
45	294	FONSECA, JORGE	Lousada Runners	V50M15	7	1:45:38.17	07:03	0:25:17
46	134	ALVES, LUIS	Individual	V40M15	15	1:45:52.89	07:04	0:25:32
47	296	DÍAS, MIGUEL	Falta de Treino	V40M15	16	1:47:08.47	07:09	0:26:47
48	121	ALVES, MANUEL	Individual	V50M15	8	1:47:24.46	07:10	0:27:03
49	268	MENDES, RUI	Individual	V40M15	17	1:48:04.38	07:12	0:27:43
50	293	CARVALHO, LUÍS	Lousada Runners	SenM15	24	1:48:14.84	07:13	0:27:54
51	157	MORAIS, PAULO	Somos Nós Team	V40M15	18	1:48:16.22	07:13	0:27:55
52	185	MOTA, JORGE	Individual	SenM15	25	1:48:17.21	07:13	0:27:56
53	1415	MENDES, JOÃO	FAFE RUNNERS	SenM15	26	1:48:19.87	07:13	0:27:59
54	303	FERREIRA, FILIPE	Bodystation Runners Pro	SenM15	27	1:48:27.70	07:14	0:28:07
55	1431	SILVA, HENRIQUE	Individual	SenM15	28	1:48:29.68	07:14	0:28:09
56	295	PEREIRA, IVO	Lousada Runners	V40M15	19	1:48:29.95	07:14	0:28:09
57	132	PINTO, JOSÉ	Individual	SenM15	29	1:48:47.04	07:15	0:28:26
58	226	SOUSA, CARLOS	Individual	SenM15	30	1:49:04.91	07:16	0:28:44
59	389	BARROS, MARIANA	Individual	SenF15	1	1:49:06.53	07:16	0:28:46
60	391	BARROS, SÓNIA	Individual	SenF15	2	1:49:07.10	07:16	0:28:46
61	119	SILVA, ANTÓNIO	Individual	V50M15	9	1:49:27.41	07:18	0:29:06
62	1411	SILVA, FÁBIO	Individual	SenM15	31	1:49:44.26	07:19	0:29:23

63	123	SOUSA, MARCO	Individual	SenM15	32	1:50:18.33	07:21	0:29:57
64	392	GOMES, GERALDO	Casa do Povo Soalhães	V40M15	20	1:50:48.34	07:23	0:30:27
65	261	FERREIRA, JOSE	Individual	V40M15	21	1:51:34.01	07:26	0:31:13
66	176	MOREIRA, LINO	Os TurboMula	V60M15	2	1:51:39.62	07:27	0:31:19
67	136	SILVA, ANTONIO	Individual	V40M15	22	1:52:13.09	07:29	0:31:52
68	323	MARIA, ANTÓNIO	Individual	V50M15	10	1:52:16.38	07:29	0:31:55
69	382	SILVA, JOSÉ	Individual	SenM15	33	1:52:37.06	07:30	0:32:16
70	181	RAMIRO, BRUNO	Zé do pipo & Chico Tomeiras	SenM15	34	1:52:45.46	07:31	0:32:24
71	1420	TEIXEIRA, ALEXANDRE	ARRASTA O PE	SenM15	35	1:52:50.14	07:31	0:32:29
72	329	CABRAL, JOSÉ	Individual	V40M15	23	1:52:55.69	07:32	0:32:35
73	242	SOUSA, RICARDO	Individual	SenM15	36	1:53:06.50	07:32	0:32:46
74	247	LUCAS, ALBERTO	Falta muito?	SenM15	37	1:53:07.28	07:32	0:32:46
75	313	SALGADO, NUNO	Noturnos de Paredes	V40M15	24	1:53:21.78	07:33	0:33:01
76	159	MORAIS, ANDREIA	Somos Nós Team	SenF15	3	1:53:59.56	07:36	0:33:39
77	319	RIBEIRO, ARMANDO	AMIGO	V40M15	25	1:54:09.56	07:37	0:33:49
78	388	REIS, PAULO	Run 4 All	SenM15	38	1:54:19.71	07:37	0:33:59
79	354	SOUSA, SIMÃO	Individual	SenM15	39	1:54:28.22	07:38	0:34:07
80	387	MARTINS, TIAGO	Run 4 All	SenM15	40	1:55:09.87	07:41	0:34:49
81	366	SANTOS, DIANA	ONESOUL CROSSFIT	SenF15	4	1:55:28.93	07:42	0:35:08
82	104	SOUSA, ANTONIO	Individual	V40M15	26	1:55:34.32	07:42	0:35:13
83	351	TEIXEIRA, JOSÉ	Individual	V40M15	27	1:55:34.41	07:42	0:35:13
84	149	MOREIRA, ANDRÉ	Individual	SenM15	41	1:55:54.25	07:44	0:35:33
85	1425	SAMPAIO, MANUEL	ARRASTA O PE	V40M15	28	1:55:54.74	07:44	0:35:34
86	367	PEREIRA, HUGO	ONESOUL CROSSFIT	SenM15	42	1:56:08.06	07:45	0:35:47
87	241	FONSECA, WILSON	Individual	V40M15	29	1:56:09.92	07:45	0:35:49
88	341	FERRAZ, PEDRO	Individual	SenM15	43	1:56:16.41	07:45	0:35:55
89	342	COSTA, FRANCISCO	Individual	SenM15	44	1:56:16.51	07:45	0:35:56
90	1417	CAETANO, ARTUR	Individual	SenM15	45	1:57:29.97	07:50	0:37:09
91	285	SILVA, LUCÍLIA	Tecla 3 RUNNERS	SenF15	5	1:57:51.58	07:51	0:37:31
92	286	SOUSA, HUGO	Tecla 3 RUNNERS	SenM15	46	1:57:52.82	07:52	0:37:32
93	376	COUTO, CARLA	Freefitness	SenF15	6	1:58:14.17	07:53	0:37:53
94	377	BARBOSA, JOSÉ	Freefitness	SenM15	47	1:58:15.13	07:53	0:37:54
95	399	MARINHO, PEDRO	BODYSTATION RUNNERS PRO	SenM15	48	1:58:27.08	07:54	0:38:06
96	147	PEREIRA, ADAO	Individual	V40M15	30	1:58:28.04	07:54	0:38:07
97	183	VIEIRA, NUNO	Zé do pipo & Chico Tomeiras	SenM15	49	1:58:58.57	07:56	0:38:38
98	156	VIEIRA, FÁTIMA	Somos Nós Team	V40F15	1	1:59:11.80	07:57	0:38:51
99	263	NUNES, MARCO	Individual	SenM15	50	2:00:08.44	08:01	0:39:47
100	374	ROCHA, FILIPE	MM	SenM15	51	2:00:15.43	08:01	0:39:54
101	216	MOREIRA, NUNO	Individual	SenM15	52	2:00:19.75	08:01	0:39:59
102	290	SILVA, NÉLSON	Amigos das sapatilhas	SenM15	53	2:00:26.34	08:02	0:40:05
103	103	DUARTE, SERGIO	TraiTrails	SenM15	54	2:00:56.17	08:04	0:40:35
104	230	MOURA, FILIPE	Amigos das Sapatilhas	SenM15	55	2:01:06.67	08:04	0:40:46
105	1410	SILVA, FERNANDO	Individual	V40M15	31	2:02:04.39	08:08	0:41:43
106	212	COELHO, FATIMA	somos nós team	V40F15	2	2:02:14.97	08:09	0:41:54
107	395	FERNANDES, RICARDO	BODYSTATION RUNNERS PRO	SenM15	56	2:02:16.28	08:09	0:41:55
108	317	VIEIRA, MARCELO	Pena Team	SenM15	57	2:03:00.48	08:12	0:42:39
109	253	GONÇALVES, PEDRO	Individual	SenM15	58	2:03:34.24	08:14	0:43:13
110	214	MARQUES, NUNO	Os TurboMula	SenM15	59	2:03:35.00	08:14	0:43:14
111	124	MAIA, BRUNO	Individual	SenM15	60	2:04:14.11	08:17	0:43:53
112	131	TEIXEIRA, FÁBIO	Individual	SenM15	61	2:04:14.55	08:17	0:43:54
113	372	MIRANDA, PEDRO	MM	SenM15	62	2:04:21.97	08:17	0:44:01
114	1414	PINTO, PEDRO	FAFE RUNNERS	SenM15	63	2:04:35.67	08:18	0:44:15
115	170	NETO, RICARDO	Andatrilhos Freamunde	SenM15	64	2:04:38.50	08:19	0:44:18
116	171	VIEIRA, ANA	MULTIPOWER / GAIA TRAIL	SenF15	7	2:04:58.43	08:20	0:44:37
117	298	SILVA, PEDRO	Falta de Treino	SenM15	65	2:05:00.48	08:20	0:44:39
118	276	ROCHA, GORETI	Noturnos de Paredes	V40F15	3	2:05:42.70	08:23	0:45:22
119	277	ALEXANDRE, NUNO	Noturnos de Paredes	SenM15	66	2:05:43.16	08:23	0:45:22
120	246	MOURA, NUNO	A.D.Amarante Trail Running	SenM15	67	2:05:51.31	08:23	0:45:30
121	256	MENDES, EURICO	Trailgloditas	V40M15	32	2:06:39.19	08:27	0:46:18
122	269	RAMOS, LEANDRO	Lusos XXI	SenM15	68	2:06:44.37	08:27	0:46:23
123	373	CARVALHO, PEDRO	Run 4 All	SenM15	69	2:06:47.76	08:27	0:46:27
124	385	REBELO, RUI	Run 4 All	SenM15	70	2:06:47.80	08:27	0:46:27
125	291	VENTUZELOS, JOSÉ	Individual	V40M15	33	2:07:06.06	08:28	0:46:45
126	362	MONTEIRO, JOÃO	Individual	SenM15	71	2:07:25.81	08:30	0:47:05
127	304	RIBEIRO, RUI	Individual	SenM15	72	2:07:56.93	08:32	0:47:36
128	165	MACHADO, DANIEL	Andatrilhos Freamunde	SenM15	73	2:08:29.59	08:34	0:48:09
129	167	MENDES, MARCO	Andatrilhos Freamunde	SenM15	74	2:08:31.38	08:34	0:48:10
130	166	RIBEIRO, LUÍS	Andatrilhos Freamunde	SenM15	75	2:08:32.46	08:34	0:48:11
131	394	PEREIRA, SERGIO	Unidade Especial de Corrida	SenM15	76	2:08:39.01	08:35	0:48:18
132	219	GOMES, FERNANDO	Individual	SenM15	77	2:08:39.42	08:35	0:48:18
133	309	FERREIRA, RUI	Casa do Povo Soalhães	V50M15	11	2:09:35.78	08:38	0:49:15
134	100	COSTA, BRUNO	TraiTrails	SenM15	78	2:09:53.20	08:40	0:49:32
135	140	RIBEIRO, TIAGO	foge fuge bandido	SenM15	79	2:09:54.60	08:40	0:49:34

136	213	MORAIS, FERNANDO	somos nós team	V40M15	34	2:10:04.54	08:40	0:49:44
137	152	BOGALHO, FRANCISCO	Individual	SenM15	80	2:10:09.18	08:41	0:49:48
138	288	SILVA, TERESA	Tecla 3 RUNNERS	V40F15	4	2:11:09.68	08:45	0:50:49
139	287	SOUSA, MÁRCIO	Tecla 3 RUNNERS	SenM15	81	2:11:09.93	08:45	0:50:49
140	138	AMORIM, ANDREIA	Gondomar Futsal Clube	SenF15	8	2:11:31.83	08:46	0:51:11
141	375	TEIXEIRA, SAMUEL	AMIGO	SenM15	82	2:11:33.93	08:46	0:51:13
142	281	SARAIVA, ALVARO	Individual	SenM15	83	2:13:34.42	08:54	0:53:13
143	325	CANDIDO, MANUEL	FAST AO KM/ PRR-Health&Nutrition	V60M15	3	2:13:34.86	08:54	0:53:14
144	297	SILVA, CONCEIÇÃO	Falta de Treino	SenF15	9	2:13:41.10	08:55	0:53:20
145	364	SOUSA, SERGIO	Individual	SenM15	84	2:14:48.49	08:59	0:54:27
146	118	DIAS, LUÍS	Individual	V40M15	35	2:15:17.28	09:01	0:54:56
147	289	MEIRELES, RICARDO	Individual	SenM15	85	2:15:22.41	09:01	0:55:01
148	360	SOARES, CÉLIO	Individual	SenM15	86	2:15:30.38	09:02	0:55:09
149	259	PINTO, IVO	Individual	SenM15	87	2:15:55.53	09:04	0:55:35
150	189	FERREIRA, ADÃO	Nós Acreditamos	SenM15	88	2:16:00.00	09:04	0:55:39
151	129	CARDOSO, ALVARO	Individual	V40M15	36	2:16:01.20	09:04	0:55:40
152	283	COUTO, CRISTINA	Tecla 3 RUNNERS	SenF15	10	2:16:38.82	09:07	0:56:18
153	420	PACHECO, AUGUSTO	Individual	V40M15	37	2:16:39.64	09:07	0:56:19
154	130	MOREIRA, JORGE	Individual	SenM15	89	2:17:07.84	09:09	0:56:47
155	254	ALVARENGA, RAUL	Trailgloditas	SenM15	90	2:17:35.08	09:10	0:57:14
156	280	RIBEIRO, JORGE	Individual	SenM15	91	2:17:44.66	09:11	0:57:24
157	278	PACHECO, RAFAEL	Individual	SenM15	92	2:17:45.06	09:11	0:57:24
158	1419	DIAS, LUCIO	Individual	V40M15	38	2:18:29.07	09:14	0:58:08
159	350	PEDROSA, LUIS	Individual	SenM15	93	2:18:30.91	09:14	0:58:10
160	1437	COSTA, JOSE	Individual	V40M15	39	2:19:06.73	09:16	0:58:46
161	380	BESSA, MARIA	Individual	V40F15	5	2:19:42.57	09:19	0:59:22
162	284	SOARES, ALEXANDRE	Tecla 3 RUNNERS	SenM15	94	2:20:16.89	09:21	0:59:56
163	151	GARCIA, BRUNO	Individual	SenM15	95	2:20:21.74	09:21	1:00:01
164	158	COELHO, MINDA	Somos Nós Team	V40F15	6	2:21:12.15	09:25	1:00:51
165	153	MARTINS, TIAGO	Individual	SenM15	96	2:21:15.08	09:25	1:00:54
166	359	CARNEIRO, ANTONIO	Individual	V40M15	40	2:21:39.87	09:27	1:01:19
167	272	TORRES, PAULO	Pena Team	SenM15	97	2:22:38.87	09:31	1:02:18
168	357	RIBEIRO, PAULO	Individual	SenM15	98	2:23:21.90	09:33	1:03:01
169	369	SOUSA, MARIA	Individual	V40F15	7	2:23:59.09	09:36	1:03:38
170	244	BARBOSA, CIDÁLIA	Individual	SenF15	11	2:23:59.66	09:36	1:03:39
171	440	OLIVEIRA, ARMANDO	Individual	V50M15	12	2:24:06.98	09:36	1:03:46
172	229	MOREIRA, SÍLVIA	Individual	SenF15	12	2:24:10.80	09:37	1:03:50
173	397	MENDES, LUIS	A.D.Amarante Trail running	SenM15	99	2:24:35.34	09:38	1:04:14
174	234	ALMEIDA, HUGO	USF-TS	V40M15	41	2:24:46.14	09:39	1:04:25
175	192	MOREIRA, CÉLIO	Individual	SenM15	100	2:25:52.14	09:43	1:05:31
176	1434	PEREIRA, VICTOR	Individual	SenM15	101	2:25:55.25	09:44	1:05:34
177	345	PEREIRA, MANUEL	Individual	SenM15	102	2:25:56.10	09:44	1:05:35
178	1426	SOUSA, JOSE	Individual	V40M15	42	2:26:26.42	09:46	1:06:05
179	1436	FERREIRA, PAULO	Individual	SenM15	103	2:26:28.08	09:46	1:06:07
180	328	SILVA, VALDEMAR	Individual	V50M15	13	2:26:30.63	09:46	1:06:10
181	383	PEREIRA, FILIPA	Unidade Especial de Corrida	SenF15	13	2:26:31.36	09:46	1:06:10
182	160	MORAIS, ANA	Somos Nós Team	SenF15	14	2:26:46.77	09:47	1:06:26
183	379	GASPAR, MOISÉS	Freefitness	SenM15	104	2:26:56.78	09:48	1:06:36
184	220	FERREIRA, CARLOS	Individual	V40M15	43	2:27:20.00	09:49	1:06:59
185	182	ANDRÉ, MARTA	Zé do pipo & Chico Torneiras	SenF15	15	2:27:28.72	09:50	1:07:08
186	396	GONÇALVES, INES	A.D.Amarante Trail running	SenF15	16	2:27:44.84	09:51	1:07:24
187	248	MAGALHÃES, MARIA	Falta muito?	V50F15	1	2:27:49.36	09:51	1:07:28
188	1402	CARREIRA, CECILIA	Individual	V40F15	8	2:27:54.73	09:52	1:07:34
189	1400	SILVA, VITOR	Individual	SenM15	105	2:28:23.69	09:54	1:08:03
190	1413	NUNES, NELSON	Individual	SenM15	106	2:28:23.76	09:54	1:08:03
191	381	DAMAS, DANIELA	Individual	SenF15	17	2:28:24.20	09:54	1:08:03
192	1447	DIAS, SUSANA	Individual	SenF15	18	2:29:16.74	09:57	1:08:56
193	255	SOUSA, SANDRO	Trailgloditas	V40M15	44	2:30:01.92	10:00	1:09:41
194	264	RODRIGUES, CESAR	USF-TS	V50M15	14	2:30:53.28	10:04	1:10:32
195	117	OLIVEIRA, ISABEL	Individual	SenF15	19	2:30:53.85	10:04	1:10:33
196	218	MONTEIRO, MARIANA	Individual	SenF15	20	2:31:05.56	10:04	1:10:45
197	1401	NETO, CRISTINA	Individual	V40F15	9	2:31:08.23	10:05	1:10:47
198	390	ARRISCADO, ANA	Run 4 All	SenF15	21	2:31:15.27	10:05	1:10:54
199	378	GASPAR, ANUNCIÇÃO	Freefitness	V40F15	10	2:31:17.86	10:05	1:10:57
200	344	COELHO, RAUL	Individual	SenM15	107	2:31:50.92	10:07	1:11:30
201	282	BARBOSA, CARLA	Individual	SenF15	22	2:31:52.04	10:07	1:11:31
202	363	MOTA, FILIPE	Individual	V40M15	45	2:32:59.86	10:12	1:12:39
203	327	PEREIRA, LUÍS	Individual	V60M15	4	2:33:01.89	10:12	1:12:41
204	299	MARAFONA, HUGO	Individual	SenM15	108	2:33:06.18	10:12	1:12:45
205	135	MONTEIRO, MARIA	Individual	V40F15	11	2:33:17.65	10:13	1:12:57
206	190	MOREIRA, INÉS	Moinhos Run	SenF15	23	2:33:22.97	10:14	1:13:02
207	301	MOREIRA, CÉLIA	ETERNAL 16	SenF15	24	2:34:20.19	10:17	1:13:59
208	300	SANTOS, FLÁVIO	ETERNAL 16	SenM15	109	2:34:20.47	10:17	1:13:59

209	108	PEREIRA, RICARDO	Individual	SenM15	110	2:35:07.03	10:20	1:14:46
210	1444	CARVALHO, JOÃO	Individual	V50M15	15	2:35:32.38	10:22	1:15:11
211	370	MACHADO, JORGE	Hard and wild	SenM15	111	2:36:20.06	10:25	1:15:59
212	384	COSTA, PEDRO	Hard and wild	SenM15	112	2:36:20.20	10:25	1:15:59
213	169	MOURA, JAIME	Andatrilhos Freamunde	SenM15	113	2:36:30.48	10:26	1:16:09
214	386	CARNEIRO, ANTÓNIO	Run 4 All	SenM15	114	2:36:39.64	10:27	1:16:19
215	356	RUÃO, ADELAIDE	Individual	V40F15	12	2:37:07.56	10:29	1:16:47
216	180	GONÇALVES, ANTÓNIO	Individual	SenM15	115	2:37:20.24	10:29	1:16:59
217	162	BASTOS, RÚBEN	Nós Acreditamos	SenM15	116	2:37:20.30	10:29	1:16:59
218	333	REBELO, SARA	Casa Povo Soalhaes	SenF15	25	2:37:23.81	10:30	1:17:03
219	332	OLIVEIRA, CRISTIANA	Casa Povo Soalhaes	SenF15	26	2:37:24.09	10:30	1:17:03
220	257	MENDES, JOSE	Trailgloditas	V60M15	5	2:38:08.15	10:33	1:17:47
221	368	GONÇALVES, PEDRO	Trailgloditas	V40M15	46	2:38:08.68	10:33	1:17:48
222	258	ANDRADE, BRUNO	Trailgloditas	SenM15	117	2:38:09.07	10:33	1:17:48
223	1404	ROCHA, SÓNIA	NAST	SenF15	27	2:39:07.39	10:36	1:18:46
224	249	MAGALHÃES, FRANCISCO	Falta muito?	SenM15	118	2:39:22.12	10:37	1:19:01
225	1427	SOARES, MARIA	Individual	SenF15	28	2:39:59.96	10:40	1:19:39
226	1433	LOUREIRO, ANDREIA	Individual	SenF15	29	2:40:01.64	10:40	1:19:41
227	270	GOMES, RUI	Pena Team	SenM15	119	2:40:03.70	10:40	1:19:43
228	1443	SILVA, DIONISIA	Individual	SenF15	30	2:40:07.04	10:40	1:19:46
229	1429	MARQUES, HELDER	Individual	SenM15	120	2:40:47.83	10:43	1:20:27
230	398	LEÃO, ROSALBA	Unidade Especial de Corrida	SenF15	31	2:40:58.56	10:44	1:20:38
231	200	PEREIRA, LILIANA	Individual	SenF15	32	2:40:58.60	10:44	1:20:38
232	273	MOREIRA, CÉSAR	Pena Team	SenM15	121	2:41:44.35	10:47	1:21:23
233	271	SILVA, PEDRO	Pena Team	SenM15	122	2:41:44.73	10:47	1:21:24
234	174	ALVES, ANA	USF TS	V40F15	13	2:42:04.02	10:48	1:21:43
235	198	MAGALHÃES, MÓNICA	Individual	SenF15	33	2:42:04.77	10:48	1:21:44
236	161	ALMEIDA, ISaura	Individual	V40F15	14	2:43:03.00	10:52	1:22:42
237	292	VENTUZELoS, FILIPA	Individual	V40F15	15	2:44:12.47	10:57	1:23:51
238	338	QUINTA, RUI	Individual	V50M15	16	2:44:53.13	11:00	1:24:32
239	194	SILVA, MARIA	Lousada Runners	SenF15	34	2:45:30.82	11:02	1:25:10
240	184	MARQUES, MARGARIDA	Lousada Runners	V40F15	16	2:45:31.40	11:02	1:25:10
241	195	MATOS, LEANDRO	Andatrilhos Freamunde	SenM15	123	2:45:38.97	11:03	1:25:18
242	1416	CARNEIRO, ARNALDO	Andatrilhos Freamunde	SenM15	124	2:45:39.52	11:03	1:25:19
243	164	MACHADO, CRISTINA	Andatrilhos Freamunde	SenF15	35	2:47:57.57	11:12	1:27:37
244	163	NETO, DANIEL	Andatrilhos Freamunde	SenM15	125	2:47:58.28	11:12	1:27:37
245	266	FONSECA, FATIMA	USF-TS	V50F15	2	2:48:07.78	11:13	1:27:47
246	236	COELHO, RUI	USF-TS	V50M15	17	2:49:26.65	11:18	1:29:06
247	1430	CARVALHO, FERNADNO	Individual	V50M15	18	2:49:59.86	11:20	1:29:39
248	335	MORAIS, TERESA	Individual	SenF15	36	2:50:09.43	11:21	1:29:48
249	221	BRANDAO, SARA	Individual	SenF15	37	2:51:14.97	11:25	1:30:54
250	250	MENDES, CLÁUDIO	Andatrilhos Freamunde	SenM15	126	2:54:53.07	11:40	1:34:32
251	202	SILVA, JOSÉ	Individual	V50M15	19	2:57:45.62	11:51	1:37:25
252	193	SILVA, FÁTIMA	Individual	SenF15	38	2:57:53.05	11:52	1:37:32
253	208	SOUSA, SERGIO	Individual	SenM15	127	2:59:03.18	11:56	1:38:42
254	365	SANTOS, CARLOS	Individual	SenM15	128	2:59:06.17	11:56	1:38:45
255	126	SILVA, SONIA	Individual	SenF15	39	3:02:55.16	12:12	1:42:34
256	127	BARBOSA, ANTONIO	Individual	SenM15	129	3:02:55.76	12:12	1:42:35
257	115	LOUREIRO, IVO	Individual	SenM15	130	3:03:09.67	12:13	1:42:49
258	114	LOUREIRO, LURDES	Individual	SenF15	40	3:03:09.89	12:13	1:42:49
259	314	LOPES, VÍTOR	Individual	SenM15	131	3:03:37.66	12:15	1:43:17
260	339	FERREIRA, MARIA	Individual	V50F15	3	3:04:35.65	12:18	1:44:15
261	175	OLIVEIRA, ESTELA	USF TS	SenF15	41	3:04:39.81	12:19	1:44:19
262	1407	MOREIRA, SÓNIA	Individual	SenF15	42	3:04:39.99	12:19	1:44:19
263	148	SILVA, SUSANA	Individual	SenF15	43	3:04:40.06	12:19	1:44:19
264	211	COUTO, CARLOS	Individual	SenM15	132	3:04:40.58	12:19	1:44:20
265	353	GOMES, MARIA	Individual	SenF15	44	3:07:29.55	12:30	1:47:09
266	1440	MACHADO, CLAUDIO	Individual	SenM15	133	3:07:55.11	12:32	1:47:34
267	105	PACHECO, JÉSSICA	Individual	SenF15	45	3:08:24.25	12:34	1:48:03
268	330	ALMEIDA, HELENA	Individual	SenF15	46	3:08:54.92	12:36	1:48:34
269	168	NUNES, ANA	Andatrilhos Freamunde	SenF15	47	3:12:11.23	12:49	1:51:50
270	252	MAGALHÃES, DÉBORA	Andatrilhos Freamunde	SenF15	48	3:12:11.99	12:49	1:51:51
271	141	MOREIRA, JORGE	foge foge bandido	SenM15	134	3:12:24.27	12:50	1:52:03
272	315	REGADAS, HUGO	Individual	SenM15	135	3:12:24.55	12:50	1:52:04
273	139	MOREIRA, ANA	foge foge bandido	SenF15	49	3:12:25.13	12:50	1:52:04
274	251	MATOS, ELOÍSA	Andatrilhos Freamunde	SenF15	50	3:12:38.03	12:51	1:52:17
275	232	NUNES, FATIMA	USF-TS	V50F15	4	3:13:55.05	12:56	1:53:34
276	267	LEAL, JOAQUIM	USF-TS	V40M15	47	3:13:56.08	12:56	1:53:35
277	173	ALVES, MAFALDA	USF TS	SenF15	51	3:13:56.25	12:56	1:53:35
278	238	SANTOS, SERGIO	USF-TS	SenM15	136	3:13:56.86	12:56	1:53:36
279	235	PEDONE, SABRINA	USF-TS	SenF15	52	3:13:57.23	12:56	1:53:36
280	237	MARCELO, SONIA	USF-TS	V40F15	17	3:13:57.89	12:56	1:53:37
281	274	COELHO, CLAUDIA	GENEROSOS	SenF15	53	3:14:12.66	12:57	1:53:52

282	239	SILVA, BEBIANA	Piratas Team	SenF15	54	3:14:13.31	12:57	1:53:52
283	113	MOREIRA, MARIA	barbosa	V40F15	18	3:16:58.97	13:08	1:56:38
284	112	BARBOSA, AUGUSTO	barbosa	V50M15	20	3:17:00.65	13:08	1:56:40
285	199	SILVA, OLGA	Individual	SenF15	55	3:20:57.16	13:24	2:00:36
286	201	BARBOSA, JOSÉ	Individual	SenM15	137	3:21:01.64	13:24	2:00:41
287	1418	SANTOS, ANA	Individual	SenF15	56	3:22:15.25	13:29	2:01:54
288	371	AMORIM, NUNO	Individual	SenM15	138	3:22:15.93	13:29	2:01:55
289	207	SOARES, PAULA	Individual	V40F15	19	3:26:47.77	13:47	2:06:27
290	205	MENDES, ANA	Individual	SenF15	57	3:26:48.01	13:47	2:06:27
291	302	PINHEIRO, JOANA	Experienciar/Farmácia de vila cova/Centro Recupera	SenF15	58	3:26:50.04	13:47	2:06:29
292	102	TAVARES, RITA	TraiTrails	SenF15	59	3:28:37.16	13:54	2:08:16
293	322	MAGALHÃES, SUSANA	Individual	SenF15	60	3:33:45.08	14:15	2:13:24
294	206	VALE, MANUELA	Individual	V50F15	5	3:33:46.59	14:15	2:13:26
295	150	VIEIRA, MAGDA	Individual	SenF15	61	3:51:48.55	15:27	2:31:28
296	1406	FILIPE, ELIAS	USF-TS	V60M15	6	3:53:42.54	15:35	2:33:22
297	336	ROCHA, RICARDO	FAST AO KM/ PRR-Health&Nutrition	SenM15	139	3:53:55.30	15:36	2:33:34
298	231	MOTA, LIDIA	USF-TS	SenF15	62	4:00:31.91	16:02	2:40:11
299	265	SOARES, ANA	USF-TS	V40F15	20	4:00:31.98	16:02	2:40:11
300	197	MARTINS, JORGE	Andatrilhos Freamunde	SenM15	140	4:01:43.93	16:07	2:41:23
301	196	ALVES, JAIME	Andatrilhos Freamunde	SenM15	141	4:01:48.13	16:07	2:41:27

